

# A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY  
FOR WOMEN IN GOVERNMENT

Space Coast Chapter, Kennedy Space Center, FL

February, 2003

## SPACE COAST CHAPTER, FEW 2002 – 2003

### Officers and Committees

President	Barbara Powell
Finance	Clara Anderson
Newsletter	Sharon White
NTP/RTP Planners	Dawn Partlow and Patti Rissman
Nominations	Carolyn Burnham
Parliamentarian	
President Elect	Dawn Partlow
Seminar	Karin Biega & Jean Grenville
Compliance/Diversity	Gail McLean
Webmaster	Debbie Ward
Vice President	Patti Rissman
Programs/Publicity	Becky Fasulo
Community Outreach	Vickie Hall
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Treasurer	Karin Biega
Membership	Becky Denis
Environmental	Aneta Ott
Sunshine	Karen Jansma
Secretary	Suzanne Worland
Scholarships	Jane Eitel
Legislation	Marie Argana
Historian	Jean Grenville
Past P resident	Connie Dobrin
Nat'l VP for Training	Becky Fasulo
Regional Nominations	Jane Eitel
Regional Legislation	Marie Argana

*This issue is dedicated to the memory of all the crew of STS-107. May God bless them, their friends, and their families.*

## PRESIDENT'S MESSAGE

**Barbara Powell**



**HAPPY NEW YEAR!!!**

During the past twenty some days, I have watched the memories of 2002 slowing fading, and now I'm seeing the exciting bright prospect of what 2003 will bring including the prospect of becoming one year older. This led me to think of the interview Oprah had with Maya Angelou on her 70+ birthday. Oprah asked Maya what she thought of growing older. And, there on television, Ms. Angelou announced that it was "exciting", especially regarding body changes. Maya said there were many changes occurring everyday...like her breasts. They seem to be in a race to see which will reach her waist, first. The audience laughed so hard they cried. Maya is such a simple, honest woman, who has led quite an exciting life, and yet there is so much wisdom in her words. Because of that, I share this with you...by Maya Angelou

When I was in my younger days,  
I weighed a few pounds less,  
I needn't hold my tummy in to wear a belted dress.  
But now that I am older,  
I've set my body free.  
There's the comfort of elastic  
Where once my waist would be.  
Inventor of those high-heeled shoes  
My feet have not forgiven  
I have to wear a nine now,  
But used to wear a seven.  
And how about those pantyhose-  
They're sized by weight, you see,  
So how come when I put them on  
The crotch is at my knee?

I need to wear these glasses  
 As the print's been getting smaller;  
 And it wasn't very long ago  
 I know that I was taller.  
 Through my hair has turned to gray  
 And my skin no longer fits,  
 On the inside, I'm the same old me,  
 It's the outside that's changed a bit.  
 'but, on a positive note...  
 I've learned that no matter what happen  
 or how bad it seems today,  
 Life does go on, and it will be better tomorrow.  
 I've learned that you can tell a lot about a woman  
 By the way she handles these three things:  
 a rainy day, lost luggage, and tangled  
 Christmas tree lights.  
 I've learned that regardless of your relationship  
 With your parents,  
 You'll miss them when they're gone from your life.  
 I've learned that making a "living" is not the same  
 thing as making a "life".  
 I've learned that life sometimes gives you a second  
 chance.  
 I've learned that you shouldn't go through life with a  
 catcher's mitt on both hands.  
 You need to be able to throw something back.  
 I've learned that whatever I decide something with an  
 open heart, I usually make the right decision.  
 I've learned that even when I have pains,  
 I don't have to be one.  
 I've learned that every day you should reach out  
 and touch someone.  
 People love a warm hug, or just a pat on the back.  
 I've learned that I still have a lot to learn.  
 I've learned that people will forget what you said,  
 people will forget what you did, but people will never  
 forget how you made them feel.

This was sent to me in as e-mail, and I've  
 accomplished the requirement. I've shared this  
 wisdom with approximately 72 phenomenal women  
 who are members of the Space Coast Chapter of FEW.  
 (If you don't share this with at least five of your  
 friends, the elastic will break and your panty hose  
 will fall down around your ankles. ☺ ☺ Looking  
 forward to all of the adventures we have coming up  
 for the Chapter. Jump in with both feet, and help, it's  
 a great feeling.



### **Question of the Month**

#### **What Percentage of Women Have Low Bone Density?**

Bone thinning is grossly under diagnosed in women. In a recent study of more than 200,000 healthy women age 50 or older, 40% were found to have low bone density. Seven percent suffer from full-fledged osteoporosis. In the next year, the women with low bone density suffered broken bones at twice the rate of those with normal bone density and those with osteoporosis at almost four times the normal rate. Talk with your physician about the hidden and very debilitating condition. *Ethel Siris, MD, Columbia University.*



### **MEMBERSHIP COMMITTEE**



We are truly glad to have our members support our Chapter and if anyone has any questions, call Becky Denis at: 321-867-4104 (voice), 321-867-1458 (fax) or E-mail at [Rebecca.Denis-1@ksc.nasa.gov](mailto:Rebecca.Denis-1@ksc.nasa.gov)

If you haven't yet sent in your membership dues, please send your check to our Treasurer, Karin Biega at XA-A.



### **PROGRAM COMMITTEE**

*Becky Fasulo*

Our January Program/Business Meeting was held at Kelsey's in Port St. John. Dr. Peggy Moore, Director of the BCC WENDI Program was our guest speaker. She informed us of the many opportunities of the WENDI Program and gave us a list of classes that are offered. I have heard that some of our members are taking advantage of this.

Mark your calendars now for our February Meeting. It will be held at the Olive Garden in Merritt Island, on Tuesday, February 18 at 4:30 pm. We will order from the menu. Dr. Kenneth Stein of the Boeing Learning and Performance Development office will be our guest speaker. Dr. Stein is a visiting facilitator at the Boeing Leadership Center in St. Louis for Transition to Management and Leading From the Middle and adjunct faculty member of Embry-Riddle Aeronautical University. His topic for us will be "Pictures in the Mind: Using Visualization to Enhance Memory". Questions or comments, please

contact Becky Fasulo, 867-4436 or [rebecca.fasulo-1@ksc.nasa.gov](mailto:rebecca.fasulo-1@ksc.nasa.gov).

## **DIVERSITY/COMPLIANCE**

*Gail McLean*

### **FEW's Compliance Program**

Through the Compliance Committee, Few acquires data to support concerns with conformance on the part of a Federal department, agency, or subordinate agency with existing laws pertaining to the administration of the Equal Employment Opportunity (EEO) Program and the Federal Personnel System. This program works in concert with FEW mission and goal statements of representing federally employed women's concerns and interests before legislative and judicial bodies. Compliance Committee functionality is directly related to, and involved with the FEW's Legislative Program. The FEW Legislative Program seeks to both proactively and defensively monitor urgent legislative proposals. This is in order to assess the effect on federally employed women, and establish close communication with Members of Congress and the Administration. Compliance Committee's on the regional, and local levels are an integral part of the FEW Legislative Program.

### **FEW's Diversity Program**

Through the Diversity program, FEW develops strategies to identify and eliminate barriers and diversity within the Federal Government. FEW examines the demographics of the workforce according to age, race, sex, ethnic background, religious affiliation, disability, and sexual orientation. FEW also seeks to expand the notion of culture groups beyond the categories protected by law and regulation to include socioeconomic status, body-size diversity, and family composition. The complexity in these demographics requires the Diversity Committee to work closely with efforts of the FEW Compliance Committee. FEW's philosophy regarding diversity is all about achieving results. Education, and training is key to resolving barriers in diversity. Diversity training is offered annually at FEW's National Training Program and at all Regional Training Program's.

**2003 National Training Program  
July 7 – 11**

Chicago's NTP Theme is, "Building Tomorrow's Leaders Today". For more information go to the FEW website at <http://www.few.org>



## **SUNSHINE**

*Karen Jansma*

### **Celebrating birthdays in January:**

Michelle Lehr-Church	01/01
Connie Dobrin	01/05

### **Celebrating birthdays in February:**

Delores Abraham	02/01
Gina O'Shaughnessy	02/03
Robin Allsup	02/04
Debra Dukes	02/07
Sherron Gwaltney	02/08
Becky Fasulo	02/23
Leota Furis	02/28

**Happy Birthday!**

Our Chapter would like to continue to remember our FEW Sisters Birthdays as well as any other significant events in our members' lives, so please send information to Karen Jansma at [Karen.Jansma-1@ksc.nasa.gov](mailto:Karen.Jansma-1@ksc.nasa.gov). Also, if your big day comes around and it is not noted in the monthly Newsletter, please let Karen know.

XX

## **Women Put Their Stamp on America**

Nellie Bly, Marguerite Higgins, Ethel L. Payne, and Ida M. Tarbell made contributions to journalism during different times in our history, but were all trailblazers in a field dominated by men. They entered the fields of investigative journalism, war correspondence, and political reporting. Their hard work earned them awards, fame, and more importantly, created opportunities for future women journalists.

"The Women in Journalism stamps evoke the free and creative spirit of the United States," said Francia G.

Smith, Vice President and Consumer Advocate for the Postal Service, who dedicated the stamps. "We're sure these stamps will be very popular with our customers and stamp collectors, as well as all those who value the landmark accomplishments of women in our society and the great journalists throughout history."

XX

## **SCHOLARSHIP COMMITTEE**

*Jane Eitel*

Each year, the Space Coast Chapter Federally Employed Women sponsor scholarships for dependents of KSC employees who are either a graduating senior in high school or already enrolled in college as an undergraduate student.

Last year, the Chapter sponsored nine students to help defray the cost of college necessities. Each scholarship ranged from \$500 to \$1,000.

The call is out for this year, and the Chapter is accepting applications until March 14, 2003. The winners will be notified no later than May 2, 2003. You can obtain an application by calling Jane Eitel /QA at 867-7952; Karin Biega/XA-A at 867-6382; or Maxine Johnson/YA at 867-7770.

XX

## **GOVERNMENT NEWS & LEGISLATION**

*Marie Argana*



Each year Congress theoretically starts out with a clean slate. But for Federal employees and retirees, many issues remain from the last session. The 3.1 percent civilian federal pay raise is official and takes effect with the first pay period beginning on or after January 1. But that's not the end of the pay story. This Congress must do what the last one failed to do: Complete action on appropriations bills so the government can operate on something other than temporary spending authority. The latest "continuing resolution," which runs through January 31, like a number of similar measures passed since last October 1, generally keeps agencies funded at fiscal 2002 levels and does not specifically address the raise amount.

Efforts to modify (or repeal) the Social Security "windfall" and "offset" laws will continue this year. Groups representing Federal employees have been trying to have them modified since the 1980s. And they are getting closer, when you measure congressional support by the number of co-sponsors on the reform bills

Efforts to step up — and also slow down — the administration's privatization drive will continue. Backers say the government shouldn't be competing with the private sector and that work can be done better, faster (and contracts concluded when the task is completed) by the private sector. Opponents argue that contracting out is a way to encourage campaign contributions from big firms. They also say the government needs to keep control over many operations — everything from tax and Social Security records to intelligence and homeland security chores — rather than farming them out to the lowest bidder.

## **2004 PAY INCREASE**

With just more than a week remaining before the Bush administration releases a budget proposal for fiscal 2004—the government budget year starting October 1—officials say that prospects remain that the White House will recommend a January 2004 federal raise of only about 2 percent. According to federal pay law, which has never been followed fully, employees are in line for a 2.7 percent across-the-board increase, plus locality pay. However, officials say the administration is working to hold down spending and that it might argue a raise of about 2 percent is sufficient, given the low rates of inflation and federal turnover. The administration also likely would argue that where the government is having problems in recruiting and retaining employees, agencies could use flexibilities already available to them, such as recruiting and retention payments, student loan repayments and other alternative forms of compensation.

## **CIVIL SERVICE REFORM COMMISSION**

A high-profile commission led by former Federal Reserve chairman Paul Volcker has issued a report calling for numerous broad-ranging civil service reforms, a follow-up to a similar report issued more than a decade ago that laid the groundwork for higher salaries for senior federal executives, among other changes. The commission recommended greater flexibilities in personnel management systems, simplified and accelerated hiring processes, linking employee pay to current market conditions by

abolishing the general schedule system and putting a greater emphasis on pay for performance

The Volcker Commission--formally, the National Commission on the Public Service--report said the government is "hamstrung by organizations and personnel systems developed decades ago" and that the government "is a layered jumble of organizations with muddled public missions." It recommended reorganizing the government into a "limited number of mission-related executive departments," in effect calling for mergers of agencies that share closely related missions, to be accomplished by new presidential authority to recommend a package of changes that would be put to a straight congressional up-or-down vote.

### Great American Women

Barbara A. Mikulski  
Maryland - D

"Our greatest defense is for a people who can go beyond their own personal experience for information. As long as an individual can read and have access to facts, there is no way to control his or her mind. Then we are truly free."



### Salvation Army Christmas Stockings

Space Coast Chapter members worked for three days filling stockings with all the delightful items we collected from our Kennedy Space Center co-workers. We delivered 290 stockings plus several other boxes of notebook paper, baby items and other toys to the Salvation Army. They were delighted with our generosity and asked that we express their appreciation.

A special "Thank You" goes out to all of our KSC friends who collected items and brought them over for us to fill the stockings. These little elves included: Michele Burch; Doretha Worthy; Barbara Powell; Aneta Ott; Vickie Hall; Jane Eitel; Traci Just; Dawn Partlow; Laurie Brown; Suzanne Worland; Dana St.

Jean; Patricia Leonard; Sandy Shaheen; Sandy McCandless; Gina O'Shaughnessy; and Arden Belt. And although I can't remember all the members and friends that helped to fill the stockings, please accept my gratitude for helping to make the holidays happy for lots of other folks.

### Breast Cancer Awareness

Thanks to all of our KSC co-workers who collected and submitted the Pink Yoplait Lids for our Save Lids to Save Lives project. We collected 1276 lids, which means Yoplait will donate \$127.60 to the Susan Komen Foundation for Breast Cancer Research. So again "thank you" for taking the time to submit those lids.

### March of Dimes Walk America

Just a reminder the walk is scheduled for May 3, 2003 at Lori Wilson Park, Cocoa Beach. You need to collect at least \$25 in donations. Since many of the Chapter members that have participated in this event in the past elected not to do so this year, the Chapter donated \$100 to Women/Young Women of Achievement dinner in August. However if you would like to form a FEW team, collect donations and walk, please let me know, [Vickie.Hall-1@ksc.nasa.gov](mailto:Vickie.Hall-1@ksc.nasa.gov) or 867-9100.

### CALENDAR OF EVENTS

#### February

05 ATP Meeting, Hdqtrs. Room 3372  
14 Valentine's Day  
17 President's Day  
18 **Chapter Meeting, Olive Garden, MI**

#### March

12-13 Annual Training Program, CB Holiday Inn

Proven weight loss strategies, before 10 am.

By Patricia Curtis for Lifetime

If skipping breakfast is one of your weight-loss strategies, you need a serious attitude adjustment. People, including your mom, have told you for years



that breakfast is essential for your physical and mental health, but you may not be aware that recent research shows eating in the a.m. can actually help you [shed pounds](#). A 1992 study at Vanderbilt University found that women who changed their diet to include breakfast lost 28% more weight over a 12-week period than women who skipped their morning repast. In addition, a full 78% of the 3,000 people enrolled in the National Weight Loss Registry, an ongoing tally of adults who have lost at least 30 pounds and kept it off for more than a year, describe themselves as breakfast eaters.

### Diet secrets of breakfast foods

How can eating a full morning meal actually help you [manage your weight](#)? The answer lies in the nutritional value of these common breakfast foods.

**Cereal.** A recent national survey of consumer eating trends found that people who eat cereal weigh an average of eight pounds less than those who don't, and even sugar-cereal fans fare better than non-cereal-eaters. That's because cereal is a carbohydrate-rich food that gives you energy while making you feel full and curbing mid-morning cravings, says Nelda Mercer, a spokesperson for the American Dietetic Association (ADA). **Milk.** The conjugated linoleic acid found in milk may help [convert fat into lean muscle](#), which is every dieter's goal. Plus, milk is a great source of protein, and the body expends slightly more calories to digest protein, says Leslie Bonci, also an ADA spokesperson. **Fiber.** Many breakfast selections, from bran muffins to bananas, contain fiber. Due to its complex structure, fiber is difficult to digest, leaving you feeling fuller for longer. In addition, the body burns extra calories when it breaks down fiber.

### Breakfast of Champions

Ideally, you should eat or drink something within an hour of waking up, says Mercer, a registered dietitian. "Forget saving calories for later," she says. "If you eat a healthful breakfast, you are setting yourself up for a low-calorie, healthful day." What exactly makes a [blue-ribbon breakfast](#)? Nutritionists recommend following the five-star system, plucked from "Healthy Eating for Kids," a brand-new book from the ADA. Give yourself one star for each of the following that applies to your usual breakfast.

- It provides at least one selection from three or more of the main food groups: dairy; meat, beans, eggs and nuts; fruits and vegetables; breads, cereals, rice and pasta; and fats, oils and sweets.
- It contains no more than one item from the fat, oils and sweets group. This includes doughnuts, maple syrup and Pop-Tarts, so limit your intake of those foods.
- It includes high-fiber foods, such as whole-grain bread, nuts and cereal, with five grams of fiber per serving.
- You reduce the fat content by using skim milk instead of whole, fat-free cream cheese instead of regular, or reduced-fat peanut butter.
- You actually make time for breakfast. Your goal is to collect five stars for each breakfast. One example

of a breakfast of champions includes skim milk, a banana and a piece of whole-grain toast with peanut butter. Aim for a 300- to 400-calorie meal, or approximately one-sixth of your daily calories, says Bonci, a registered dietitian.



## Florida History and Culture

*Vickie Hall*

### POLITICAL CHANGE AND ECONOMIC GROWTH THE POLITICS OF LAND

Just as the Louisiana Purchase opened the West to settlers in 1803, the Disston Purchase of 1881 cleared the way for a mass development of South Florida, a development that would seriously reshape Florida's political and economic future.

Thirty years earlier the State of Florida purchased from the Federal Government's Swamp and Submerged Lands program millions of acres of land for public sale and railroad construction. The Florida Internal Improvement Fund held title to this land, but during the Civil War era its trustees found few customers except land speculators. Most payments were made in worthless Confederate script, rendering the entire system about a million dollars in debt and tied up in legal battles.

The largest creditor of the state debt was Francis Vose who tied up the land in court until the state found the money to pay off its debts. The Bourbon Democrats, mostly planters and businessmen, did not want to spend tax moneys on this debt, but Florida needed to clear the debt to expand. Investment in the least populated state east of the Mississippi was stymied, but Governor Bloxham found a white knight to rescue the state in Philadelphia, saw manufacturer, Hamilton Disston.

Disston recognized the tremendous potential of Florida real estate south of Gainesville and agreed in 1881 to purchase four million acres of "listed swamp and submerged lands", from the Kissimmee Basin to the Everglades, with large sections along the Gulf Coast, at just twenty-five cents an acre. Most of the land was suitable for some form of successful agriculture.

## 2003 ANNUAL TRAINING PROGRAM

*Karin Biega, Chair*

The registration books and information are being distributed. Becky Fasulo and her committee have contracted with five outstanding speakers: Fred Soto will do the keynote, and Lawrence Gardner, William Eason, Joyce Duco and Mary Kay Mueller will be conducting the daily workshops. These folks all spoke at the 2002 NTP and received outstanding evaluations from the workshop participants.

NASA Training has again purchased 200 slots for civil service employees, so please contact your Training Coordinator (TC) now, fill out a registration form and return to the TC - this applies to all those working as well as we need an accurate count for the meals. For our contractor members, the company TCs or other points of contact should be receiving registrations books/information this week, so please follow the same instructions as the civil servants.

The committee is in the process of making lunch selections and visiting the hotel so the Exhibits and Logistics Chairs can plan set-ups. The next meeting of the Annual Training Program committee will be February 5, headquarters conference room 3372, at 4:45PM. Hope to see you all there as we are getting to the point where the Hostess and Hospitality Committee Chairs will be looking for help at the hotel. If you can't attend in person and want to volunteer to help either or both days, contact Sandy McCandless/Hostess Chair, 1-9309, Carolyn Burnham/Hospitality Chair, 7-3370 - both are also in the Global E-mail Address Book - or you are most welcome to call (7-6382) or contact me.

### **Tip With Confidence**

Submitted by Vickie Hall

Are you one of those people who's never quite sure who gets what, especially when traveling? If you suspect your tip isn't enough, it's probably not. In general, you'll be okay if you follow these guidelines.

Wait Staff	15 to 20% of the pretax bill
Hotel Chambermaids & Bellhops	\$2/day for cleaning and per bag brought to your room
Parking Attendants	\$1 or \$2 each time you leave the garage
Taxi Driver	15 to 20% of the fare
Hotel Room Service	15% of the bill (unless the hotel adds a gratuity)
Take-Out Delivery Person	10% of the bill
Hairstylist or Manicurist	20% of the bill (if the owner works her magic on you, there's no need to tip)
Bartender	\$1 for beer/wine; \$2 for a mixed drink

### **SPACE COAST CHAPTER NEWSLETTER**

**Sharon White**

This monthly publication is a means of sharing information and ideas, please send news articles or items of interest for this Newsletter to Sharon White at QP-ES-A-or e-mail

[Sharon.White-1@ksc.nasa.gov](mailto:Sharon.White-1@ksc.nasa.gov)

Please feel free to share this Newsletter with your friends. And for anyone interested, a Membership Application is attached as the last page.

<b>New Applicant</b>		<b>Renewal</b>		<b>Previous Member</b>		<b>Change of Membership Info</b>	
<b>Name</b>				<b>Membership Number</b>		<b>Birth Date</b>	
<b>Home Address</b>							
<b>City, State, Zip</b>							
<b>Home Phone</b>							
<b>Agency/Company</b>							
<b>Mail Code/Address</b>							
<b>City, State, Zip</b>							
<b>Work Phone</b>					<b>FAX #</b>		
<b>E-mail Address</b>							
<b>If interested in serving as a Chapter Officer, please indicate which office</b>							
<b>President</b>		<b>President Elect</b>		<b>Vice President</b>		<b>Secretary</b>	<b>Treasurer</b>
<b>METHOD OF PAYMENT</b> (Credit Cards only available Jan-Mar)							
<b>Total Amount Due: see schedule below</b>							
<b>Cash or Check</b>		<b>Check No.</b>		<b>Credit Card</b>		<b>Visa</b>	<b>Master Card</b>
<b>Card Number</b>					<b>Expiration Date (MM/YY)</b>		
<b>Print Cardholders Name (as it appears on card)</b>				<b>Signature (Credit Cards Only)</b>			

Please place an X by the month dues are paid and pay the indicated amount.

	Month	Amount Due		Month	Amount Due		Month	Amount Due
	February	\$30.00		March	\$28.00		April	\$26.00
	May	\$24.00		June	\$22.00		July	\$20.00
	August	\$17.00		September	\$15.00		October	\$13.00
	November	\$11.00		December	\$9.00		January	\$7.00

The National Office requesting the following for statistics only:

Position/Title: \_\_\_\_\_ Series/Grade: \_\_\_\_\_

Circle One:      SES      GM      GS      WG      Military      Other



**FEDERALLY EMPLOYED WOMEN, INC.**

**Space Coast Chapter 009**

**Membership Application**

Circle if Applicable:

FWP Full-time

FWP Part-time

EEO

**Demographics**

Sex [F/M]: \_\_\_\_\_

Race: \_\_\_\_\_

Years of Service: \_\_\_\_\_

Retired [Y/N]: \_\_\_\_\_

Membership dues are to be paid February 1<sup>st</sup> of each year. However there is a pro-rated fee schedule for those joining after March 1<sup>st</sup>. Please contact the Membership Chair, Becky Denis, 867-4104 if you have questions concerning your dues.

Form Revised (07/01)